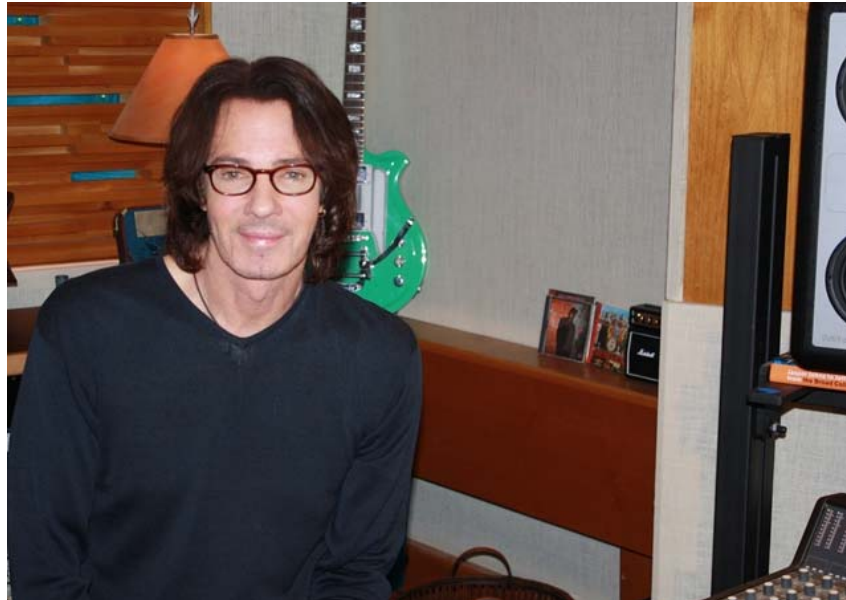


## MAY 5 LACDMH RADIO SHOW FEATURES RICK SPRINGFIELD



This Sunday, May 5, 2013 at 8:00-9:00 P.M., tune in for the weekly “Free Your Mind Projects Radio Show” which has moved to KABC-AM (AM 790). The Los Angeles County Department of Mental Health (LACDMH) is a proud sponsor of this unique radio show.

Whether you’re in your car or at home, tune in and listen to the hour-long program designed to promote awareness on mental health issues. This week, LACDMH Public Affairs Director Kathleen Piché will be co-hosting with Grammy Award-winning musician, actor and writer Rick Springfield as the guest.

On the show, Springfield talks openly about how he has battled depression since adolescence. He recalls how depression stuck around even when everything in his life was going well. He also reveals how it has helped and hurt his creative process in writing songs. But through it all, Springfield recognizes the importance of a support system through family and friends in helping him through his darkest days, including his beloved dogs. “The dog is the greatest thing invented,” he said.

If you miss the show, you can always listen to it archived on the Free Your Mind Projects website: <http://www.freeyourmindprojects.com/category/radio/>.

The “Free Your Mind Projects Radio Show” is always interested in possible guests and subjects to cover. If you know of any persons in recovery or subject matter experts who would be good candidates for an on-air interview in a future show, please contact the LACDMH Public Information Office at [pio@dmh.lacounty.gov](mailto:pio@dmh.lacounty.gov).

